



**Holmes Chapel & District**  
Community First Responders

# PULSE

The official newsletter of HCCDFR

Volume 1, Issue 3

Visit us online @ [www.hccfr.org.uk](http://www.hccfr.org.uk)

## Contact Us

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## Areas we cover:

Holmes Chapel  
Sandbach  
Middlewich  
Goostrey  
Twemlow  
Allostock  
Brereton  
Cranage  
Byley  
Sproston

Autumn 2009

## Hello and Welcome

to the Autumn edition of our quarterly newsletters for Holmes Chapel & District Community First Responders. First off we are pleased to welcome our newly qualified first responders who completed their training in early August are getting stuck to life on the road. We are still looking to increase the numbers of active and inactive members, for more information have a look at the being a responder below. If your interested the next training session starts in mid-September. Since the start of 2009, we have increased our team to 16 members which is fantastic as before then we only had 4.

As we all know the "economic crisis" hit us this year and it also hit the charities. As part of our organisation we also run two other programs, the Heartstart Holmes Chapel and District training program, which provides free basic First Aid training and the Defibrillator placement project. Both these are part funded by the British Heart Foundation and due to the tight financial times all funded was stopped by them. However, after a lot of hard work and persistence we are pleased to announce that we are holding our very first Heartstart training program. Look out for the posters and press articles to be part of it. Not only that, but we are lucky enough to be able to place the first defib in Holmes Chapel co-op, which will be in place by the end of September.

### What is it like to be a first responder?

At HCCDFR we have two types of members we have 1) Active members who are trained first responders and go out to answer 999 calls, then we have 2) Non-Active these are just as important as our active members as we rely solely from fundraising. These key people ensure the smooth running and funding of the group.

As a volunteer, first responding is an exceptionally rewarding organisation to

be part of. You can give as much or as little time as you want. All the training is free and is spaced over weekly sessions. Once you qualify we hold regular training sessions to keep all your skills up to date.

We are still looking for new and willing people to become part of our team contact us to be part of our growing organisation.

### IN THE SPOTLIGHT

#### What's the training like to become a First Responder

The volunteers who respond in the schemes are trained by North West Ambulance Service. Team members undergo extensive training carried out by Ambulance Service instructors. This training takes approximately 7 weeks. The CFR's take part in 1 x 4 hour training sessions each week, during which time received a structured training programme. In addition to this responders take part in specialist training sessions at Ambulance Head Quarters in Liverpool and spend an observation shift on an ambulance and a rapid response vehicle, which you can't do as a member of the public. Before becoming operational responders are assessed by their trainer to enable them to complete the course and become active.

#### Did you know?

In the UK, someone has a heart attack every two minutes, and half of those who have heart attacks die before they reach hospital.

(source NHS)

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